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FITNESS PROGRAMS

TABLE TENNIS (PING PONG) — ON-SITE

Instructor: Self-Directed

Session Start Date: September 14, 2026

Schedule: Monday & Thursday, 9:30 a.m. – 11:30 a.m.

Session Duration: Ongoing

Registration Limit: 8 participants

Cost: \$70

Venue: Games Room (Basement)

No Class: October 12

This lively game brings big smiles and gentle fitness benefits. Boost your hand-eye coordination, keep your reflexes sharp, and enjoy a low-impact workout that's kind to the joints. Whether you're picking up a paddle for the first time or returning to an old favourite, table tennis is a wonderful way to stay active and make new friends.

AGE REVERSING ESSENTRICS — ON-SITE

Instructor: Meaghan Hipkin

Session Start Date: September 14, 2026

Schedule: Monday, 1:00 p.m. – 2:00 p.m.

End Date: December 7, 2026

Session Duration: 12 weeks

Registration Limit: 15 participants

Cost: \$100

Venue: Auditorium

No Class: October 12

This is an age-reversing workout that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy and your immune system. Gentle to Moderate fitness, includes standing and some floor work (back and side only).

CHAIR YOGA — ON-SITE

Instructor: Carmella Haykowsky

Session Start Date: September 15, 2026

Schedule: Tuesday, 10:00 a.m. – 11:00 a.m.

End Date: December 1, 2026

Session Duration: 12 weeks

Registration Limit: 14 participants

Cost: \$80

Venue: Auditorium

No Class: None

Unwind and stretch in this gentle Chair Yoga class, where breathing and easy movement take center stage. Carmella offers thoughtful modifications as she guides you through seated and standing poses using a chair for support. We'll begin with a warm-up and flowing stretches, and finish with a peaceful seated relaxation to leave you feeling calm and refreshed.

IYENGAR YOGA — ON-SITE

Instructor: Anita Cullen

Session Start Date: October 21, 2026

Schedule: Wednesday, 10:00 a.m. – 11:00 a.m.

End Date: December 9, 2026

Session Duration: 7 weeks

Registration Limit: 14 participants

Cost: \$70

Venue: Auditorium

No Class: November 11

A fun, energizing class for all fitness levels, focusing on strength and stability. Chairs, belts, and blocks are used, with modifications to suit everyone's needs. Start your week feeling strong, balanced, and ready to go!

Participants are asked to bring the following to class:

Yoga mat

STRENGTH TRAINING — ON-SITE

Instructor: Lisa Wickstrom

Session Start Date: September 16, 2026

Schedule: Wednesday, 1:00 p.m. – 2:00 p.m.

End Date: December 16, 2026

Session Duration: 12 weeks

Registration Limit: 14 participants

Cost: \$90

Venue: Auditorium

No Class: September 30 & November 11

Stay strong, steady, and independent! This class focuses on building strength, improving balance, and enhancing coordination through safe, low-impact exercises using light weights, resistance bands, and other equipment. Suitable for all fitness levels, with modifications available to meet each participant's needs.

FLOW YOGA — ON-SITE

Instructor: Carmella Haykowsky

Session Start Date: September 18, 2026

Schedule: Friday, 10:00 a.m. – 11:00 a.m.

End Date: December 4, 2026

Session Duration: 12 weeks

Registration Limit: 15 participants

Cost: \$80

Venue: Auditorium

No Class: None

This Gentle Flow Yoga class combines breathing and movement in a moderate-paced practice suitable for all levels. Carmella provides modifications as needed, guiding participants through seated and standing poses, finishing with a relaxing savasana.

Participants are asked to bring the following to class:

Yoga mat

FAN TAI-CHI — ON-SITE

****NEW****

Instructor: Ken Chui

Session Start Date: September 18, 2026

Schedule: Friday, 1:00 p.m. – 2:00 p.m.

End Date: December 4, 2026

Session Duration: 12 weeks

Registration Limit: Contact the Front Desk

Cost: \$70

Venue: Auditorium

No Class: None

Add a graceful new dimension to your Tai Chi practice with fans in hand! This gentle, seated exercise blends the slow, flowing movements of traditional Tai Chi with the elegant swish of a fan, improving balance, flexibility, and posture while adding a touch of artistry to every motion. Suitable for all fitness levels, this class is a wonderful way to relax the mind, strengthen the body, and connect with others in a calm, welcoming setting.

ZUMBA® GOLD PLUS TONING — ON-SITE

****NEW****

Instructor: Sheela Hota-Mitchell

Session Start Date: September 15, 2026

Schedule: Tuesday, 1:00 p.m. – 2:00 p.m.

End Date: December 8, 2026

Session Duration: 12 weeks

Registration Limit: 15 participants

Cost: \$80

Venue: Auditorium

No Class: September 29

Get your groove on in this feel-good dance party that delivers cardio and toning in one! Move to global rhythms and sing-along tunes at an intensity suited for active older adults, with a focus on muscles you use every day. Taught by Sheela Hota-Mitchell, a PhD scientist and former professional dancer, this class is all about spreading joy through movement — give it a few tries and you'll be hooked!

CHAIR YOGA — ON-SITE

****NEW****

Instructor: Lynne Fahlman

Session Start Date: October 22, 2026

Schedule: Thursday, 1:00 p.m. – 2:00 p.m.

End Date: November 26, 2026

Session Duration: 6 weeks

Registration Limit: 10 participants (6 minimum)

Cost: \$45

Venue: Auditorium

No Class: None

This gentle practice will focus on stretching, breathwork, and relaxation. The practice will include both chair and standing work.

ART PROGRAMS

WEAVING GROUP — ON-SITE

Instructor: Kathy Buse

Session Start Date: September 16, 2026

Schedule: Wednesday, 9:00 a.m. – 12:00 p.m.

End Date: December 16, 2026

Session Duration: 12 weeks

Registration Limit: Contact the Front Desk

Cost: \$80

Venue: Weaving Room (2nd Floor)

Additional Drop-In Day (registered, experienced weavers only — not a trial/beginner session): Tuesdays, 9:00 a.m. – 12:00 p.m. (Drop-In: \$7)

No Class: September 30 & November 11

A friendly, social weaving class for all skill levels, where members help set up looms and learn as they go. Instructor and society approval required due to space limits — check with the Program Coordinator.

ARTS — OIL & ACRYLIC — ON-SITE

Instructor: Joyce Boyer

Session Start Date: September 17, 2026

Schedule: Thursday, 1:00 p.m. – 3:00 p.m.

End Date: December 3, 2026

Session Duration: 12 weeks

Registration Limit: 12 participants

Cost: \$100

Venue: Art Room

No Class: None

Explore your creativity with oil and acrylic painting in a relaxed, supportive setting! Guided by Joyce, participants will develop their painting skills through hands-on instruction, colour theory, and technique-building exercises, all while working at their own pace. Whether you're picking up a paintbrush for the first time or continuing your artistic journey, this class offers a welcoming space to experiment, create, and grow as an artist.

NEEDLE & THREAD SOCIAL GROUP — ON-SITE

****NEW****

Facilitator: Self-Directed

Session Start Date: September 17, 2026

Schedule: Thursday, 10:00 a.m. – 1:00 p.m.

Session Duration: Ongoing

Registration Limit: 4 participants

Cost: Free

Venue: Lobby

No Class: None

Bring your own sewing or knitting project and join a friendly group that gathers each week to create, chat, and help each other out! Whether you're stuck on a tricky stitch or just want some company while you work, fellow members are happy to lend a hand and share tips along the way. This is a come-as-you-are, help-each-other group — all about socializing, staying creative, and enjoying good company.

CRITIQUE WRITING — ON-SITE

Facilitator: Phyllis Shuell

Session Start Date: September 17, 2026

Schedule: Thursday, 10:00 a.m. – 12:00 p.m.

End Date: December 3, 2026

Session Duration: 12 weeks

Registration Limit: 6 participants (on-site)

Cost: \$70

Venue: Small Lounge

No Class: None

Every Story Deserves a Listening Ear

There's something powerful about sharing your words with others and being truly heard. In this gentle, supportive circle, writers of all backgrounds come together to read, reflect, and offer kind, thoughtful feedback on each other's work. Whether you're writing your life story or just finding your voice, you're welcome here.

SOCIAL PROGRAMS

WISEMEN — ON-SITE

Facilitator: Self-directed

Session Start Date: September 14, 2026

Schedule: Monday & Wednesday, 10:00 a.m. – 11:00 a.m.

Session Duration: Ongoing

Registration Limit: Contact the Front Desk

Cost: Free

Venue: Small Lounge

No Class: Monday: October 12 / **Wednesday:** September 30 & November 11

Looking for good conversation and great company? Our popular Men's Group offers a warm, welcoming space to chat about everyday topics, current events, and life's ups and downs — no judgment, just support. Pull up a chair, share a laugh, and enjoy meaningful connection with like-minded friends.

COFFEE CHAT — ON-SITE

Facilitator: Self-directed

Session Start Date: September 22, 2026

Schedule: Tuesdays (2nd & 4th), 11:00 a.m. – 12:00 p.m.

End Date: November 24, 2026

Session Duration: Ongoing

Registration Limit: Contact the Front Desk

Cost: Free

Venue: Small Lounge

No class: None

Love meeting new people, sipping free coffee, and enjoying friendly conversation? Join our Coffee Chat group on the 2nd and 4th Tuesdays of each month for warm drinks, good company, and plenty of smiles. It's the perfect excuse to get out and catch up!

BRIDGE CLUB — ON-SITE

Facilitator: Self-directed

Session Start Date: September 17, 2026

Schedule: Wednesday, 1:00 p.m. – 3:30 p.m.

Session Duration: Ongoing

Registration Limit: Contact the Front Desk

Drop-In: \$3

Venue: Small Lounge

No Class: None

Enjoy friendly group bridge play in a fun and welcoming setting! If you have a love of the game and some basic experience, you'll fit right in. New members are always welcome to join and make new friends while sharpening their skills.

WELLNESS PROGRAMS

FOOT CARE CLINIC — ON-SITE

Providers: Liz Synnott

Schedule: Second Wednesday of every other month

Session Duration: Once monthly, with enough participants

Registration Limit: Minimum 7 participants

Cost: Contact Provider

Venue: Main Lounge

Need help caring for your feet due to diabetes or other high-risk conditions? Book an appointment with Liz for a full foot care session, including nail trimming, cuticle cleaning, and moisturising. Minimum of 7 participants required — please register early and pay the provider directly.

Fall Dates:

- September 9, 2026
- November - TBD